

# **Duro-Tuss<sup>®</sup> Dry Cough Liquid plus Nasal Decongestant**

Pholcodine (fol-co-dean); Pseudoephedrine hydrochloride (sue-doe-eff-eh-drine hydro-klor-ide)

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## **Consumer Medicine Information**

### **What is in this leaflet**

This leaflet answers some common questions about Duro-Tuss Dry Cough plus Nasal Decongestant. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Duro-Tuss Dry Cough plus Nasal Decongestant against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may need to read it again.

# **What Duro-Tuss Dry Cough Liquid plus Nasal Decongestant is used for**

Pseudoephedrine is used to relieve congestion.

It belongs to a group of medicines called sympathomimetic decongestants.

It works by reducing congestion in the upper respiratory tract, including the nose, nasal passages and sinuses, and making it easier to breath.

Pholcodine works on the cough centre in the brain to control and stop coughing.

**Ask your pharmacist or doctor if you have any questions about this medicine.**

## **Before you take Duro-Tuss Dry Cough Liquid plus Nasal Decongestant**

### **When you must not take it**

**Do not take this medicine if you have an allergy to:**

- any medicine containing pholcodine or pseudoephedrine
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- shortness of breath

- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

**Do not take this medicine if you have:**

- very high blood pressure
- severe coronary artery disease (heart disease caused by poor blood flow or narrowing of the blood vessels of the heart)
- taken monoamine oxidase inhibitors, medicines used to treat depression, in the last 14 days
- severe asthma, bronchitis or other serious respiratory conditions.

**Do not use this medicine in children under 6 years of age.**

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**If you are not sure whether you should start taking this medicine, talk to your pharmacist or doctor**

## **Before you start to take it**

**Tell your pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor or pharmacist if you are pregnant or plan to become pregnant or are breast-feeding.**

Your doctor or pharmacist can discuss with you the risks and benefits involved.

**Tell your pharmacist if you have or have had any of the following medical conditions:**

- high blood pressure
- overactive thyroid gland
- diabetes
- heart disease and poor blood flow in the blood vessels of the heart
- glaucoma (high pressure in the eye)
- prostate problems
- liver or kidney disease
- asthma or other breathing problems

**Ask your pharmacist or doctor about taking Duro-Tuss Dry Cough Liquid plus Nasal Decongestant if you are breastfeeding.**

Small amounts of pseudoephedrine pass into the breast milk. It is not known if pholcodine passes into the breast milk. Your pharmacist or doctor will discuss the potential benefits and risks of taking the medicine if you are breastfeeding.

**If you have not told your pharmacist or doctor about any of the above, tell him/her before you start taking Duro-Tuss Dry Cough Liquid plus Nasal Decongestant.**

## **Taking other medicines**

**Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines and Duro-Tuss Dry Cough Liquid plus Nasal Decongestant may interfere with each other. These include:

- medicines used to treat depression
- medicines used to treat heart conditions
- medicines used to treat high blood pressure
- medicines used to treat urinary tract infections and bladder problems
- medicines used to treat behavioural disorders
- phenylephrine, a medicine used to treat congestion
- appetite suppressants

- sedatives, medicines used to help you relax or sleep
- medicines used to control anxiety
- alcohol

These medicines may be affected by Duro-Tuss Dry Cough Liquid plus Nasal Decongestant or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

## **How to take Duro-Tuss Dry Cough Liquid plus Nasal Decongestant**

**Follow all directions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

**If you do not understand the instructions on the bottle, ask your doctor or pharmacist for help.**

### **How much to take**

Over 12 years: 10 - 15 mL

6-12 years: 5 - 10 mL

Use only on the advice of a doctor, pharmacist or nurse practitioner

Children under 6 years: Do not use

## **How to take it**

Accurately measure the dose with a medicine measure. Using a medicine measure will ensure that you get the correct dose. You can buy a medicine measure from your pharmacist.

## **When to take it**

**Take your medicine every 6 hours, as required.**

**Do not take it more than 4 times in one day.**

## **How long to take it**

If the cough persists, see your doctor or pharmacist.

## **If you take too much (overdose)**

**Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Duro-Tuss Dry Cough Liquid plus Nasal Decongestant. Do this even if there are no signs of discomfort or poisoning.**

# **While you are using Duro-Tuss Dry Cough Liquid plus Nasal Decongestant**

## **Things you must do**

**Talk to your pharmacist or doctor if your symptoms do not improve.**

Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine.

## **Things you must not do**

**Do not take Duro-Tuss Dry Cough Liquid plus Nasal Decongestant to treat any other complaints unless your pharmacist or doctor tells you to.**

**Do not give your medicine to anyone else, even if they have the same condition as you.**

**Do not take more than the recommended dose unless your pharmacist or doctor tells you to.**

**Do not use this medicine in children under 6 years of age.**

## **Things to be careful of**

**Be careful driving or operating machinery until you know how Duro-Tuss Dry Cough Liquid plus Nasal Decongestant affects you.**



This medicine may cause dizziness in some people. If this happens, do not drive or operate machinery.

## **Side effects**

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Duro-Tuss Dry Cough Liquid plus Nasal Decongestant.**

This medicine helps most people, but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

**Do not be alarmed by the following lists of side effects. You may not experience any of them.**

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- drowsiness
- difficulty sleeping
- nervousness
- excitability
- restlessness

- dizziness
- fear or anxiety
- rapid heart beat
- tremor
- hallucinations
- nausea and vomiting
- stomach pain
- constipation

The above list includes the more common side effects of your medicine. They are usually mild and short-lived.

**Tell your pharmacist or doctor as soon as possible if you notice any of the following:**

- lack of coordination and unsteadiness when walking
- unusual mood swings

The above list includes serious side effects that may require medical attention. Serious side effects are rare

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- urine retention

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

## **After using Duro-Tuss Dry Cough Liquid plus Nasal Decongestant**

### **Storage**

**Keep your syrup in the original pack until it is time to take.**

**Keep your syrup in a cool dry place where the temperature stays below 30°C.**

**Do not store Duro-Tuss Dry Cough Liquid plus Nasal Decongestant or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.**

Heat and dampness can destroy some medicines.

## **Keep it where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

## **Disposal**

**If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.**

## **Product description**

### **What it looks like**

Duro-Tuss Dry Cough Liquid plus Nasal Decongestant is a red liquid with an odour of raspberry and taste of custard.

A bottle contains 30mL or 200mL.

## **Ingredients**

Each 15 mL of Duro-Tuss Dry Cough Liquid plus Nasal Decongestant contains:

- pholcodine 15 mg
- pseudoephedrine hydrochloride 60 mg

This medicine also contains:

- sorbitol

- methyl hydroxybenzoate
- propyl hydroxybenzoate
- saccharin sodium
- citric acid anhydrous
- glycerol
- amaranth
- hydroxyethylcellulose
- flavours
- purified water

## **Supplier**

Duro-Tuss Dry Cough Liquid plus Nasal Decongestant is supplied in Australia by:

iNova Pharmaceuticals (Australia) Pty Limited

ABN: 13 617 871 539

Level 10, 12 Help St

Chatswood NSW 2067

Australia toll free: 1800 630 056

Australian Registration number:

AUST R 10554

This leaflet was prepared in December 2017.

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